# DAVID LLOYD LEISURE - WATFORD BUSHEY - 01923 213760

**EXERCISE CLASS PROGRAMME JULY - AUGUST 2010**

## MONDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 09:30 - 10:15 | Aqua | Scc | Leisure Pool | |
| 09:30 - 10:25 | Body Combat | Hec | Studio 1 | |
| 10:30 - 11:15 | Group Cycling | Hec | Cycle Studio | |

## TUESDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 06:45 - 07:45 | Kick Boxing | Hec | Studio 1 | |
| 09:30 - 10:15 | RPM | Hec | Cycling Studio | |
| 09:30 - 10:25 | Salsa Aerobics | Dan | Studio 1 | |
| 09:30 - 10:30 | Running Club | Otc | Rec | |
| 10:30 - 11:25 | Body Pump | Scc | Studio 1 | |
| 10:30 - 11:25 | Pilates | Hol | Studio 2 | |
| 10:30 - 11:30 | Lose & Shape Up | Otc | Gym Area 1 | |
| 11:35 - 12:35 | Body Attack | Hec | Studio 1 | |
| 11:45 - 12:30 | Power Plate Taster | Otc | Gym | |
| 12:30 - 13:00 | RPM Express | Hec | Cycle Studio | |
| 18:00 - 18:45 | Power Plate Taster | Otc | Gym 1 | |
| 19:00 - 19:55 | Belly Dancing | Dan | Studio 2 | |
| 19:00 - 19:55 | Body Pump | Scc | Studio 1 | |
| 19:30 - 20:15 | Group Cycling | Hec | Cycle Studio | |
| 20:15 - 21:10 | Body Balance | Hol | Studio 2 | |

## WEDNESDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 07:00 - 07:55 | Body Pump | Scc | Studio 1 | |
| 09:30 - 10:30 | Total Body Workout | Hec | Studio 1 | |
| 10:35 - 11:30 | Pilates Intermediate | Hol | Studio 2 | |
| 11:00 - 12:00 | Body Conditioning | Scc | Studio 1 | |
| 11:45 - 12:30 | ViPR Taster | Otc | Studio 2 | |
| 12:30 - 13:45 | Hatha Yoga | Hol | Studio 2 | |
| 18:00 - 18:45 | ViPR Taster | Otc | Studio 2 | |
| 18:45 - 19:45 | Body Attack | Hec | Studio 1 | |
| 19:00 - 19:30 | Lose & Shape Up Seminar | Otc | Gym Desk | |
| 19:30 - 20:30 | Lose & Shape Up | Otc | Gym | |
| 19:30 - 20:45 | Hatha Yoga | Hol | Studio 2 | |
| 20:00 - 20:55 | Salsa Aerobics | Dan | Studio 1 | |

## THURSDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 07:00 - 07:45 | Group Cycling | Hec | Cycle Studio | |
| 09:30 - 10:25 | Body Combat | Hec | Studio 1 | |
| 09:30 - 10:30 | Running Club | Otc | Rec | |
| 10:30 - 11:15 | Multi Circuits | Hec | Bad Crt 1-4 | |
| 10:30 - 11:25 | Belly Dancing | Dan | Studio 1 | |
| 11:00 - 11:30 | Group Exercise Welcome | Otc | Club Rm | |
| 11:00 - 11:30 | Lose & Shape Up Seminar | Otc | Gym Desk | |
| 11:30 - 12:25 | Body Balance | Hol | Studio 2 | |
| 11:30 - 12:30 | Lose & Shape Up | Otc | Studio 1 | |
| 12:45 - 13:30 | Aqua | Scc | Ind Pool | |
| 18:30 - 19:15 | Group Cycling | Hec | Cycling Studio | |
| 18:30 - 19:15 | JUKARI Fit to Flex | Otc | Studio 2 | |
| 18:30 - 19:30 | Body Combat | Hec | Studio 1 | |
| 19:30 - 20:25 | Body Pump | Scc | Studio 1 | |
| 19:30 - 20:30 | Lose & Shape Up | Otc | Gym Area 1 | |
| 20:15 - 21:30 | Hatha Yoga | Hol | Studio 2 | |

## KEY

£ Additional fee for this class
A Advanced class, experience required
S Designed for senior members
C Class is part of a course
* Adult class coincides with children's activity

LIFE. Be fit for it
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## EXERCISE CLASS PROGRAMME JULY - AUGUST 2010

### FRIDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 06:45 - 07:30 | Group Cycling | Hec | Cycling Studio | |
| 09:30 - 10:15 | Group Cycling | Hec | Cycling Studio | |
| 09:30 - 10:30 | Power Walking | Hec | Outside | |
| 09:30 - 10:30 | Running Club | Otc | Rec | |
| 09:35 - 09:50 | Introduction to Body Pump | Scc | Studio 1 | |
| 09:50 - 10:45 | Body Pump | Scc | Studio 1 | |
| 10:15 - 10:30 | Abs & Stretch | Scc | Studio 2 | |
| 10:30 - 11:25 | Pilates Advanced | Hol | Studio 2 | |
| 10:45 - 11:30 | Aqua | Scc | Ind Pool | |
| 11:00 - 12:00 | Body Vive | Scc | Studio 1 | |
| 11:30 - 12:45 | Hatha Yoga | Hol | Studio 2 | |
| 14:15 - 15:10 | Tai Chi | Hol | Studio 2 | |
| 18:00 - 18:45 | Group Cycling | Hec | Cycling Studio | |

### SATURDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 09:00 - 09:45 | Group Cycling | Hec | Cycling Studio | |
| 09:00 - 09:55 | Body Pump | Scc | Studio 1 | |
| 09:15 - 09:30 | Abs & Stretch | Scc | Studio 2 | |
| 10:00 - 10:45 | RPM | Hec | Cycle Studio | |
| 10:05 - 11:05 | Step | Hec | Studio 1 | |
| 10:15 - 11:10 | Pilates Fitness | Hol | Studio 2 | |
| 11:00 - 12:00 | Kick Boxing | Hec | Sports H | |

### SUNDAY

| TIME | ACTIVITY | CATEGORY | LOCATION | KEY |
|---|---|---|---|---|
| 09:30 - 10:15 | Aqua | Scc | Ind Pool | |
| 09:30 - 10:15 | JUKARI Fit to Flex | Otc | Studio 2 | |
| 10:00 - 10:45 | Group Cycling | Hec | Cycle Studio | |
| 10:00 - 11:00 | Body Combat | Hec | Studio 1 | |
| 10:30 - 11:30 | Body Vive | Scc | Studio 2 | |
| 11:00 - 11:45 | Group Cycling | Hec | Cycling Studio | |
| 11:00 - 11:55 | Body Pump | Scc | Studio 1 | |
| 12:00 - 13:15 | Hatha Yoga | Hol | Studio 2 | |

### FITNESS CLASS CATEGORY DESCRIPTIONS

**HIGH ENERGY CLASSES (Hec):**
High energy, high appeal. These classes are easily the fastest way to better fitness where you'll really enjoy feeling the burn.

**HOLISTIC CLASSES (Hol):**
Be more relaxed about getting fit. Holistic classes, like yoga, help improve your suppleness and flexibility. They're an excellent way to reduce your stress levels and keep fit at the same time.

**DANCE CLASSES (Dan):**
Feel the beat and feel better about doing exercise. There's nothing more rewarding than enjoying yourself so much you don't even know you've been working out. Join one of our exciting dance classes and you'll discover exactly what we mean. Dance to the music, learn some new moves, let yourself go. Living a healthier life has never been more fun.

**STRENGTH & CONDITIONING CLASSES (Scc):**
Have a better body just by having fun. Strength and conditioning classes are the perfect way to tone up your muscles and sculpt your body the way you'd like it to look. Whatever class you choose, we guarantee you'll find yourself loving every minute.

**OTHER CLASSES (Otc):**
A range of classes to help you enjoy exercise anytime.

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